



www.quantico.usmc-mccs.org

MARINE CORPS Community Services Quantico



MONDAY & WEDNESDAY 1000-1100

AT THE HITT CENTER, BLDG 3117

For beginners and advanced lifters, seeking improvement in the two classical lifts (clean & jerk and snatch). Participants of this clinic receive access to video movement analysis and assistance for personal program design.

Open to all active duty and reservist ONLY

For more information call 703-432-0592

